

**WHAT IS CLAIMED IS:**

1. A process for preparing a wheat-based snack comprising the steps of putting raw materials of the wheat-based snack into a steam mixer to produce dough by gelatinization  
5 followed by forming sheets by rolling; aging the rolled sheets followed by shaping, cutting and drying; and puffing the dried dough followed by seasoning and nitrogen flush packaging, characterized in that one or more amino acids selected from the group consisting of glycine, lysine and cystein are introduced into the raw materials of the wheat-based snack.  
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2. The process of Claim 1 wherein the one or more amino acids selected from the group consisting of glycine, lysine and cystein are introduced with a ratio of from 0.05 to 1.5 parts by weight to 100 parts by weight of the said raw materials.
- 15 3. A wheat-based snack prepared according to Claim 1 or 2.
4. A process for preparing a potato snack comprising the steps of peeling, cutting and washing raw potatoes; blanching the washed potatoes; frying the blanched potatoes immediately after draining, or after freezing storage; and seasoning the fried potatoes  
20 followed by nitrogen flush packaging, characterized in that the step of blanching the washed potatoes comprises soaking the washed potatoes in warm water to which one or more amino acids selected from the group consisting of glycine, lysine and cystein are added.
- 25 5. A process for preparing a potato snack comprising the steps of peeling, cutting and washing the raw potatoes; blanching the washed potatoes; frying the blanched potatoes immediately after draining, or after freezing storage; and seasoning the fried potatoes followed by nitrogen flush packaging, characterized in that the process further comprises a step of soaking the blanched potatoes in warm water to which one or more amino acids  
30 selected from the group consisting of glycine, lysine and cystein are added.

6. The process of Claims 4 or 5 wherein the one or more amino acids selected from the group consisting of glycine, lysine and cysteine are introduced with a ratio of from 0.05 to 1.5 parts by weight to 100 parts by weight of warm water.

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7. A potato snack prepared according to any one of Claims 4 to 6.